

Additional Services to Help Your Family

You may be able to get other services to support yourself and your family while you work on your Cal-Learn goals. Additional services may include:

WIC

The Women, Infant and Children program, better known as WIC, is a supplemental food and nutrition program that may provide you with nutrition education, healthy foods and breast-feeding advice.

Food Stamps

Through this program you may get assistance to purchase food for your family.

Medi-Cal

Through Medi-Cal you may receive prenatal health care and a check-up after your baby is born. You may also be eligible for general health and dental care. Your baby may also receive medical services such as immunizations and well-baby care.

Family Planning Services

Once your baby is born, you will want to consider your birth control options. No-cost and low-cost family planning services are available to help you do just that. Your doctor can help you decide which birth control method is best. It's important to note that women can get pregnant again while breast-feeding their baby.

Other services may also be available. Talk to your case manager for more information and assistance.



For more information about Cal-Learn, contact:



STATE OF CALIFORNIA
Gray Davis, Governor
HEALTH AND HUMAN SERVICES AGENCY
Grantland Johnson, Secretary
DEPARTMENT OF SOCIAL SERVICES
Rita Saenz, Director

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Reach For Your Dreams



With Cal-Learn



A statewide program for CalWORKs/TANF recipients to help pregnant and parenting teens complete high school, become independent and form healthy families





What is Cal-Learn?

Cal-Learn is a statewide program for pregnant and parenting teens, both moms and dads, who receive CalWORKs/TANF. It is not a school. The goal of Cal-Learn is to help teens graduate from high school, become independent and form healthy families.

Do I have to participate?

If you are receiving CalWORKs/TANF you must participate in Cal-Learn. Some teens can become exempt from the program or delay participating under special circumstances.

To qualify for Cal-Learn you must:

- live in the same household as your child
- be under 19 years of age
- not yet have a high school diploma or GED
- not be in foster care

Earn a bonus or a sanction

Cal-Learn rewards good school performance and penalizes bad school performance.

Do well & earn a bonus:

- Receive good grades & turn in your report card each time it's issued = \$100 added to your family's grant for each report card period.
- Graduate from high school = \$500 to you.

Do poorly & earn a sanction:

- Receive below a D average & fail to turn in your report card each time it's issued = \$100 taken away from your family's grant for each report card period.

For more information

For details about your participation in Cal-Learn talk to your county Cal-Learn program staff.

Getting Your Diploma



Once in Cal-Learn you will get a case manager who will help you develop a plan to finish high school or earn a GED. If you are not currently attending school, your case manager will help you get back into school or find the right school to meet your needs.

Each Cal-Learn teen follows the same program:

➤ **Assessment:** to determine what services and support you need so you can meet your educational goals.

➤ **Develop a plan:** so you can receive the services you need and get into school. The plan will also identify what your case manager will do for you, and what you will do for yourself.

➤ **Take action:** you and your case manager get to work on your plan, putting you on the road to reaching your dreams for yourself and your family.

➤ **Tracking:** to ensure you are making progress toward your diploma or GED and meeting other goals.

➤ **Periodic plan review:** to identify what works and what doesn't.



Case Management for Your Success



Your case manager will help you with more than just school. She/he may be able to provide a wide range of support services that can help you meet the challenges you face as a teen parent by working one-on-one with you, your child's other parent and your whole family.

Talk to your case manager for more information about these important referral services:

Support services

Your case manager may provide you with referrals to other agencies that can help with a variety of concerns you may face including:

- legal issues
- domestic violence
- health issues
- housing

Child care expenses

The Cal-Learn program may help pay for child care while you attend school. If you are working and going to school, you may also qualify for child care while you are at work.

Transportation expenses

You may be able to get help paying for transportation to get to and from school.

School expenses

The GED test, books and lab fees are some of the things that the Cal-Learn program may help you buy for school.